



\$15

The Style Pictured is Popular

It is known as the "Oh Boy" last, a new English model that is being worn by particular dressers this season. Made of first class calf in a new shade of brown; very durable and perfect. They fit the foot as a glove fits the hand. All Glove Grip Shoes have O'Sullivan heels of live rubber. All sizes from AA to D.

See Them in Our Windows

## ANNOUNCING a new line in our shoe department GLOVE GRIP SHOES MADE BY ARNOLD They Really Fit The Arch

We say a new line—new in this store, but well known among the men folks of this region. Glove Grip Shoes have a national reputation—they are known from coast to coast as the perfect fitting shoe. No other shoes can compare with them for style. The designing has been developed with painstaking care and the result is a shoe that looks as if it had been custom made. We ask that you come in and see these exceptionally High Grade Shoes, for which we are exclusive agents in Hammond.



\$15

Whole quarter blucher, Tobacco Brown Kid, O'Sullivan heels; perfect fitting; hand lasted.



\$14

This is a popular model in a new popular shade of tan.

**Lion Store**  
KAUFMANN & WOLF - HAMMOND, IND.



\$14

A Favorite Last This Spring

The Panama Glove Grip Oxford illustrated above is made of Tobacco Brown Kid. This is an increasingly popular leather, rich brown in color, soft and comfortable. The arch support feature is an important one—Glove Grip Shoes really fit the arch. They have Goodyear welt soles, O'Sullivan rubber heels. Pair \$15.00.

Glove Grips Once—  
Glove Grips Always

## Americans Don't Get Enough Easily Digested Fats

Corn Oil One of the Best of These Indispensable Food Products.

BY EDWIN F. BOWERS, M. D.  
(Author of "Side Stepping Ill-Health"  
"Alcohol, Its Influence on Mind and Body," etc.)

The average American family has not yet learned the health-giving properties of crisp, green salads, with their mineral salts and the "fat soluble B" vitamin, which Prof. McCollum, of John Hopkins University, showed in his experiments was so necessary to the proper functioning and even to the life itself of the subjects upon whom he tried his diet tests.

But there are fats and fats. Unless a fat can be "split up" and taken care of, it becomes an actual source of poison—as does any other under-digested food.

Animal fats—particularly mutton and lamb, are almost impossible to digest, unless one has an especially robust digestive apparatus. And even a longshoreman cannot take care of the grease and lard so generally used in cooking in America.

Fats which contain fluid oil—such as olive oil and corn oil—on the other hand, are easily digested, because they are already in a fluid state, and therefore easily become soluble in the digestive juices.

DR. MAYO'S OPINION

In fact, as Dr. William Mayo declared, in his presidential address before a national surgical society, a few years ago, the increase of cancer and ulcer of the stomach may be distinctly traceable to the wrong choice of food and to the wrong method of preparing food. This statement, which has lately gained general acceptance, Dr. Mayo repeated and amplified later in San Francisco, in his address as president of the American Medical Association. Lard and indigestible fats, used largely in the preparation of food in America, coat over the food particles, and interfere materially with digestion. They prevent the ready access of the digestive fluids to the food particles, and thereby produce both acute and chronic dyspepsia—which in turn, cause chronic irritation

of the mucous lining of the stomach and intestines. And anything that causes chronic irritation of an organ or a structure, tends also to produce cancer or ulcer.

Lard and animal fat, which burn at a low melting point, may be extremely harmful, as the fat tends to break up and form fatty acids. These are irritating to the delicate lining of the alimentary tract.

SELECT A COOKING FAT OF HIGH MELTING POINT

The most desirable of all fats for cooking purposes, therefore, are the vegetable oils. One of the most excellent of these is olive oil—which has a burning point of 600 degrees although corn oil—which does not burn until a temperature of 650 degrees is reached—is even better.

And also, in the present state of the world's oil-shortage, it is much less expensive; and perhaps more palatable, as one does not have to acquire a taste for sweet corn oil, while olives and their products do not naturally appeal to the majority of American palates.

DO AWAY WITH CHEAP BUTTER

The use of rancid butter, or of the cheaper grades of butter, is also to be condemned, because of the fact that the small amount of protein which the butter contains has, during rancidity, undergone a form of putrefaction. This renders it quite as objectionable from a hygienic standpoint, as would be the use of any other product which was undergoing the same process of putrefactive fermentation.

And what applies to butter applies with equal, if not greater force, to lard, "drippings" and other animal fats.

On the other hand, the high burning point of corn oil favors the immediate searing over of meat, fish and other foodstuffs. This keeps all the juices in the food, thereby enhancing its palatability, and the ease with which it is digested.

FOR SALAD DRESSINGS

Corn oil has also been proved, by

STORE OPEN  
UNTIL 9:30 O'CLOCK  
SATURDAY EVE'G

**Lion Store**  
KAUFMANN & WOLF - HAMMOND, IND.

S. & H. GREEN  
TRADING STAMPS  
GIVEN FREE!

CLOTHING DEPARTMENT

STORE NEWS

FOR SATURDAY



## You Can't Do Better

YOU may pay less for a suit than we ask for our Hart, Schaffner & Marx clothes; but if you get less value you haven't saved anything.

You may pay more than we ask, but if you don't get any more value, you haven't gained—you've lost.

You see, Hart, Schaffner & Marx clothes at our prices represent the highest possible value; all-wool fabrics, best style, perfect tailoring.

## YOU CAN'T DO BETTER

Come in tomorrow; we'll be pleased to show you these new things. New colors and weaves. Young men's lively styles.

The models in coats are longer, more slender, broad-shouldered, high-chested, with square notched lapels, in double-breasted types. The best values obtainable.

\$37.50 \$40 \$42.50 \$45 \$47.50 \$50  
and up to \$60.00

## In Ye Olden Time



hoop' skirts were worn by those who first asked the druggist, and insisted on having the genuine Golden Medical Discovery put up by Dr. Pierce over fifty years ago. Dress has changed very much since then! But Dr. Pierce's medicines contain the same dependable ingredients. They are standard today just as they were fifty years ago and never contained alcohol.

Dr. Pierce's Golden Medical Discovery for the stomach and blood cannot be surpassed by any remedy today.

Every spring most people feel "all out of sorts"—their vitality is at a low ebb—the blood becomes surcharged with poisons!

The best spring medicine and tonic is called Dr. Pierce's Golden Medical Discovery. It puts vim, vigor, vitality into the blood. Try it. This is what folks say about it:

Goshen, Ind.—"Several years ago my work was too severe for my strength and vitality. I was continually in need of a tonic. None of the tonics gave me permanent relief. Then I heard of Dr. Pierce's Golden Medical Discovery and found it to be just the tonic my system required. Two bottles of it restored my strength and vitality to such an extent that it was not necessary for me to be continually taking tonics any more. But for quite a few years afterwards I took a bottle of the 'Discovery' each spring and found it most satisfactory. MRS. BARBARA MICK, Goshen Hospital.

scientific experiment, and by the experience of dietetic and culinary experts, to equal the finest olive oil in point of palatability and flavor, as well as in food value.

It blends perfectly with the ingredients commonly used in the preparation of mayonnaise and other salad dressings, making that smooth, even dressing that is the delight of the housewife.

Therefore the introduction of a sweet, pure oil, prepared from the germ of ripe corn, is a decided measure of benefit to every man, woman and child who will avail themselves of the opportunity to use it liberally—as a wholesome fat for culinary purposes and as a nourishing, palatable table oil.

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